

Meet your fitness team

Craig Strobe

Qualifications: Level 2 Gym Instructor, Level 3 Personal Trainer, Level 3 Spinning Instructor & Level 3 Sports Coach

Likes: Golf, Football & Liverpool FC!

Dislikes: Mushrooms & Cricket

Favourite Exercise / Drill: Compound movements (Deadlifts, Squats & Bench Press)

Why should people come to the gym?

Because once you get that feel good feeling after a hard session, you'll want to come straight back for more...trust me!!



Dan Perrin

Qualifications: Fitness Instructor Level 2, Personal Trainer Level 3, Group Spinning Instructor and Sports Coach Level 3

Likes: Training & Liverpool FC!

Dislikes: Cardio!!!

Favourite Exercise / Drill: Bench Press – it's one of the three big compound lifts & really important for upper body strength and power!

Why should people come to the Gym?

"Motivation is what gets you started, habit is what keeps you coming back" Come to the gym, get fit and improve your life



Frances Palmer

Qualifications: Level 2 Triathlon Coach, Level 2 Spinning Instructor and Level 3 Personal Trainer

Likes: I'm a Triathlete so being outside, being active and enjoying working hard! I enjoy the Burn/ DOMS the following day after a hard Gym / Training set!

Dislikes: An empty day, giving up on the first attempt!

Favourite Exercise / Drill: Bear Grylls "If it ain't raining, it ain't training!" Love exercises using the TRX as they can be fun and challenging!

Why should people come to the Gym?

To get active, fit, meet new people and push yourself to achieve your goals

